



THE SPIRITUAL DISCIPLINE OF HEALTH

THEHEALTHPROJECT.CA







THE
HEALTH
PROJECT

**HELPING PEOPLE
TAKE CONTROL OF
THEIR HEALTH**

 [the.healthproject](https://www.instagram.com/the.healthproject)



34 KM

MAXIMUM 20

team
mitecanada
"running for those who can't"
50K ULTRA
1474
STAN

237
AMANDA

1129
WARREN
AMANDA

3268
AMANDA

2210
HEAVEN





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“DON'T YOU KNOW THAT YOU YOURSELVES ARE
GOD'S TEMPLE AND THAT GOD'S SPIRIT LIVES IN
YOU? IF ANYONE DESTROYS GOD'S TEMPLE, GOD
WILL DESTROY HIM; FOR GOD'S TEMPLE IS
SACRED, AND YOU ARE THAT TEMPLE”.

1 CORINTHIANS 3:16, 17



“DO YOU NOT KNOW THAT YOUR BODY IS A
TEMPLE OF THE HOLY SPIRIT, WHO IS IN YOU,
WHOM YOU HAVE RECEIVED FROM GOD? YOU
ARE NOT YOUR OWN; YOU WERE BOUGHT AT A
PRICE. THEREFORE HONOR GOD WITH YOUR
BODY.”

1 CORINTHIANS 6:19



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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

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"HUSBANDS, LOVE YOUR WIVES, JUST AS CHRIST LOVED THE CHURCH AND GAVE HIMSELF UP FOR HER...IN THE SAME WAY HUSBANDS OUGHT TO LOVE THEIR WIVES AS THEIR OWN BODIES... , AFTER ALL, NO ONE EVER HATED HIS OWN BODY, BUT HE FEEDS AND CARES FOR IT, JUST AS CHRIST DOES THE CHURCH".

EPHESIANS 5:28, 29



“WHEN YOU SIT TO DINE WITH A RULER, NOTE WELL WHAT IS BEFORE YOU, AND PUT A KNIFE TO YOUR THROAT IF YOU ARE GIVEN TO GLUTTONY. DO NOT CRAVE HIS DELICACIES FOR THAT FOOD IS DECEPTIVE.”

PROVERBS 23:1-3



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1. UNDERSTANDING GOD'S DESIGN

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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

WHAT IS THE SOLUTION?

REFINED FOOD → WHOLE FOOD



THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

WHAT IS THE SOLUTION?

REFINED FOOD \longrightarrow WHOLE FOOD
IDLE \longrightarrow ACTIVE



“...YOU WILL COME TO THE GRAVE IN FULL VIGOR, LIKE SHEAVES GATHERED IN SEASON.”

JOB 5:28



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HOW IS GOD ASKING YOU TO PURSUE THE
SPIRITUAL DISCIPLINE OF HEALTH?

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THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST





THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST





THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST



DISCIPLINE IS HARD. HABITS ARE EASY.

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DISCIPLINE IS HARD. HABITS ARE EASY.

1. CHOOSE YOUR HABIT AND PICK A START DATE.
2. CONNECT YOUR HABIT TO SOMETHING YOU ALREADY DO.
3. PLAN FOR HABIT KILLING ACTIVITIES
4. AVOID PERFECTION



THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST



THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST

3. BUILD YOUR SUPPORT TEAM







THE SPIRITUAL DISCIPLINE OF HEALTH

1. UNDERSTANDING GOD'S DESIGN

2. HABITS THAT LAST

3. BUILD YOUR SUPPORT TEAM

STEPS TO
TRANSFORMING YOUR HEALTH

SAT. FEBRUARY 1

9AM – 12PM

COCHRANE ALLIANCE CHURCH

COST \$20

REGISTER ONLINE UNDER EVENTS

BY JANUARY 26

